

PARTICIPANTS NEEDED TO INVESTIGATE

EXPLORING THE NOVEL USES OF LACTOSE CONSTITUANTS IN SPORTS NUTRITION

Help us to investigate how the body uses galactose for fuel during endurance exercise.

Am I eligible to take part?

We are looking for cyclists/triathletes that train ≥ 3 times per week.

How will I benefit?

You will have your VO_{2max} determined and body composition measured by skinfolds.

What do I have to do?

A total of 5 visits to the lab:

Visit 1: Assessment of VO_{2max} and peak power output

Visits 2 - 5: 2.5h cycling exercise session during which you will drink carbohydrates

Interested? Contact Sam Impey –
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